



W@W

Winning @ Wellness

This Issue:

Be Healthy @ Work
Employee Buzz
Eat Smart @ Work
Move More @ Work
An Ounce of Prevention
Worksite Wellness

Be Healthy @ Work: Is it Just the “Winter Blues” or is it Seasonal Affective Disorder?

Winter is here again. The days are shorter, you arrive and leave work in the dark, the weather is usually too bad to get outside to do anything and all you want to do is stay home and do nothing but eat. Sound familiar? Do you experience these predictable patterns each fall and winter?

- Have less energy and feel fatigued?
- Sleep more but awake still feeling tired?
- Have mood changes? (Are you more anxious, irritable, sad or depressed?)
- Feel less productive or creative?
- Experience weight or appetite changes?
- Memory, motivation or concentration difficulties?
- Socializing changes?
- Difficulty in dealing with your daily stressors?
- Less enthusiasm about the future or trouble enjoying life?
- Increased desire to be alone?

If you experience two or more of these patterns for two or more years, you may be affected by **Seasonal Affective Disorder (SAD)**. It is also called “winter-onset depression.” SAD is a type of depression that is triggered by decreased exposure to daylight as the days grow shorter during the fall and winter. These feelings usually subside in the spring and summer. Some people suffer from a rare form of SAD called “summer-onset depression” which usually begins in the late spring or early summer and goes away by winter.

What causes SAD?

Although there is no exact cause for SAD, there are several factors that play a part in developing the condition. Some studies show that genetics, age and your body’s chemical makeup can also cause you to develop SAD. Others think that the influence of higher latitudes (geographic locations farther north or south of the equator) and the

decreased amount of sun during the winter months contribute to SAD. Other factors that can affect SAD are:



Your biological clock-

Reduced levels of sunlight in the fall and winter can disturb your body’s internal clock, which lets you know when to sleep or be awake.

Serotonin levels-Drops in brain chemicals (such as serotonin) that transmit information between your nerves (neurotransmitters) may play a role in developing SAD. Reduced

amounts of sunlight can cause a drop in serotonin, which may trigger changes in mood.

Melatonin-Melatonin is a natural hormone that plays a role in regulating your sleep patterns and mood. Changes in the seasons can disrupt the balance of melatonin.

Gender-SAD is diagnosed in women more than men, but men may have more severe symptoms.

Family history-People who have SAD may be more likely to have blood relatives with the same condition.

How common is SAD and how can I tell if I have it?

Between 4-6 percent of the U.S. population has SAD, but up to 10-20 percent may suffer from a milder form of the “winter blues.” Over 75 percent of people who suffer from SAD are women. Most people with SAD range in age from 20 to 30 years.

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Move More @ Work: A Quick Stretch Break

Need an idea to stretch your wrists and forearms during the workday? Try these moves:

Flexion and Extension Stretches

Flexion and extension stretches are performed from a seated or standing position. To do the flexion stretch, lift your lower right arm in front of your body and turn your palm down. Bend your wrist down, grasp your fingers with your left hand and apply pressure until you feel a stretch in the top of your forearm and wrist. After holding for 20 to 30 seconds, slowly release the pressure and repeat with your other forearm.

Flexion
Stretch



To do the extension stretch, lift your arm in front of your body with your palm turned up. Grasp your fingers with your other hand and carefully bend your wrist backward until you feel a stretch inside on the of your forearm. After holding for 20 to 30 seconds, release and repeat with your other forearm.

Extension
Stretch



Taken from the Livestrong website

Read more about these exercises at:

<http://www.livestrong.com/article/146606-forearm-stretching-exercises/#ixzz2FiOdvLqu>

An Ounce of Prevention: Handwashing: Clean Hands Save Lives

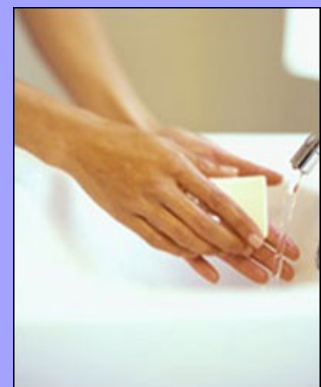
According to the Centers for Disease Control and Prevention (CDC), keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste

What is the right way to wash your hands?

- Wet your hands with clean running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.



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SAD can occur in some children and adolescents, while older adults are less likely to suffer from it. If you think you might be affected by SAD, make an appointment with your healthcare provider for a thorough assessment.

What is the difference between SAD and the “Winter Blues”?

Studies have shown that you can help combat the “Winter Blues” by increasing your physical activity, eating healthy, nutritious foods and increasing the amount of light in your living and work environments. If you suffer from SAD, the treatments may need to be more intense.

How is SAD treated?

Research shows that light therapy (phototherapy), is an effective treatment for SAD. Some studies show that doing light therapy in the morning is more effective than evening treatments. In general, light therapy takes about 30 minutes a day throughout the fall and winter months. Another form of light therapy is a “dawn simulator.”

It is a light situated in your bedroom that is activated by a timer. The light is used to mimic a natural sunrise. It gradually increases in brightness which allows your body to wake up naturally. If you stop light therapy too soon, your SAD symptoms may return. Sometimes, your healthcare provider may also prescribe an antidepressant medicine, either alone or in conjunction with the light therapy. **A word of caution:** tanning beds should not be used to treat SAD.



What are some questions I should ask my healthcare provider about SAD?

Talking with your healthcare provider about SAD will help you figure out a game plan to combat it.

Some questions you could ask are:

- Which treatment is best for me?
- Should I use light therapy or medications?
- What changes can I make at home to help?
- What is causing my SAD?
- How long will I need to continue with my treatment plan?
- Will changing my diet and being physically active help me deal with my SAD?
- Should I talk to a mental health professional?

Although there is not a way to prevent SAD, you can take steps to manage your symptoms. Some begin treatment before the onset of symptoms in the fall and winter and continue it past the time symptoms usually go away.

References and Resources:

- <http://www.clevelandclinic.org/health/health-info/docs2300/2361.asp>
- <http://familydoctor.org/familydoctor/en/diseases-conditions/seasonal-affective-disorder.html>
- <http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>
- <http://www.psychiatry.msu.edu/SADInfo2.pdf>

**“We are what we repeatedly do.
Excellence, therefore, is not
an act but a habit.”
Aristotle**

The Employee Buzz...

“What *are the words that you live by or your favorite inspirational words?”*

“Treat others as you would like to be treated.” Trisha Garrison

“Everything happens for a reason.” Wanda Sturtz

“Perfection is the highest order of self-abuse.” Yvette Randall

“Nothing can be done without hope and confidence.” Helen Keller submitted by Cindy Gillam

“The best laid plans are meant to be changed.” Belinda Heimericks

“If you can’t do anything about something don’t lose your sleep over it.” Noaman Kayani

“No act of kindness, no matter how small, is ever wasted.” Aesop-submitted by F Marie Barton

“Always put a smile on your face. You can hear it in your voice.” Marti Thruston

“Be kind; everyone you meet is fighting a hard battle.” Mother Theresa submitted by Terry S. Taylor

“Life is a journey; not a destination.” Gail Ponder

“May your life be good, your pictures be clear & your camera ALWAYS flashing.” Carla Kolb

“The way to stop a loud argument is by a soft-spoken word.” Joanne Lewis

We want to hear from you for the next Employee Buzz! With the dawn of the new year, we want to know **“How has the DHSS Worksite Wellness Committee helped you lead a healthier life?”** For example, *“The group has made exercising more fun. Thanks to all.”* Email your response to worksitewellness@health.mo.gov. Please tell us if you do not want your name included with your quote.

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Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs.

Hand sanitizers are not effective when hands are visibly dirty.

How should you use hand sanitizer?

- Apply the product to the palm of one hand.
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

For more information on handwashing, please visit CDC's [Handwashing website](http://www.cdc.gov/handwashing). You can also call 1-800-CDC-INFO, or email cdcinfo@cdc.gov for answers to specific questions.



**He who has health, has hope; and
he who has hope, has everything.
Thomas Carlyle**

Eat Smart @ Work: Cheesy Chicken Enchilada Bake

Serves: 8 **Serving Size:** 1 Enchilada

Ingredients:

1 pound boneless, skinless chicken breast (about 2 cups)
½ cup water
1 tablespoon chili powder
1 can (15-ounce) low sodium black beans, rinsed and drained
1 cup frozen corn
1 cup salsa
8 whole wheat tortillas
Cooking spray
½ cup 2%-fat shredded cheddar cheese



Directions:

1. Cut chicken breast into 4-5 chunks. Simmer in a large saucepan with water and chili powder. Cook until internal temperature is 165° F (about 10 minutes).
2. Remove chicken from pan. Cut or shred into small chunks and return to pan. Add beans, corn and salsa to saucepan. Cook until hot, about 2 minutes. Remove from heat.
3. Spread 1/2 cup of chicken mixture down the center of each tortilla. Roll up and place seam-side down in greased 9×13 pan.
4. Spread any leftover chicken mixture over the top of the enchiladas.
5. Bake at 375 F for 12-15 minutes.
6. Sprinkle cheese on top of the enchiladas during the last 5 minutes of cooking.
7. Serve immediately.

Recipe from the Iowa State University Extension *Spend Smart Eat Smart Program*:
<http://recipes.extension.iastate.edu/2011/12/15/cheesy-chicken-enchilada-bake>

Nutrition Facts	
Serving Size 1 Enchilada Servings Per Container 8	
Amount Per Serving	
Calories 310	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 510mg	21%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 22g	
Vitamin A 10%	Vitamin C 8%
Calcium 15%	Iron 15%

If you quit smoking right now...

If one of your New Year's resolutions is to quit smoking, keep in mind some of the positive short and long term affects it can have on your health:

- Within 20 minutes, your heart rate and blood pressure drop
- Within 12 hours, the carbon monoxide level in your blood drops to normal
- Within 3 months, your circulation and lung function improves
- Within 9 months, you will cough less and breathe easier
- After 1 year, your risk of coronary heart disease is cut in half
- After 5 years, your risk of cancer of the mouth, esophagus, and bladder are cut in half
- After 10 years, you are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases
- After 15 years, your risk of coronary heart disease is the same as a non-smoker's

For more information, go to <http://betobaccofree.hhs.gov/quit-now>.



DHSS Wellness Superstar

Wellness Superstar Carrie Montgomery

Carrie Montgomery, an AOSA in the Division of Regulation and Licensure, Section for Long-Term Care Regulation, Central Office Medical Review Unit, was chosen as this issue's Wellness Superstar because she has made changes that have improved her health. One of her coworkers said, "Carrie looks great and she brings the healthiest foods to snack days like a tray of cucumbers and celery."

"I would like to first say that I realize many people, children included, have medical conditions they didn't ask for, yet have to live with their entire lives. I'm thankful that I have good health and that my family, for the most part, is quite healthy," said Carrie.

About five years ago Carrie's doctor told her that she was only one pound away from being in the obese category for her height. "That was quite an eye opener," said Carrie. Carrie didn't really think of herself as even being close to the obese range, but she did a bit of research and surprisingly found that what her doctor said was right.

Little by little she made changes to her diet and also began to do some walking. But it was easier to make excuses for continuing to eat what she wanted and skip her walk than to actually eat a smaller piece of cake, or get up and go for a walk. "At that time actual exercise was out of the question - my motto for exercise was **"I DESPISE EXERCISE,"**" said Carrie. But she realized that the one pound she was away from being obese was really close and that she had to make some changes if she wanted to continue to have good health. So she became committed to eating better and moving more.

After about two years of making some diet and exercise changes Carrie had dropped about 10 pounds. "By diet, I don't mean 'the fad of the month diet.' I mean simply making better choices with the everyday foods I ate," said Carrie. Fast forward to the last year or so and even though she had made improvements in her diet choices and in getting some physical activity, she found out through blood tests and other medical testing that she was in the pre diabetic range for Type 2 Diabetes. She was also having problems with her blood pressure and cholesterol.

Both of Carrie's grandmothers were diabetic, so she wasn't surprised to be told this news, but she figured she would be hearing it 15 to 20 years from now. Carrie had seen what her

Carrie Montgomery



grandmothers went through with Type 2 Diabetes and knew that she really needed to change her attitude toward exercise and many of her eating habits. With the information shared through worksite wellness and from working at the

Department of Health and Senior Services, she feels she has very good resources to get motivation and information to help her with making better choices in her diet and lifestyle to better her health. She also likes to get information from reliable websites regarding health matters.

Carrie has been on a pretty regular exercise routine for the last year and a half and states that she **really does feel better**. "I guess the way I look at it is these are choices and changes that I can and need to make. I don't have to make them though – but then I would be living on medications and most likely with complications from the diseases and sometimes those that medicines bring on. You see, I know that if my grandmothers had known what I know today about diabetes they too would have made changes that would have helped their situations," said Carrie.

Carrie believes this can be said for many diseases and health matters. We have so much knowledge today about taking better care of ourselves that people even ten years ago did not have. Carrie wants to try to do what she can with the knowledge and abilities that she has to take better care of herself. She still has dessert and doesn't always exercise when she should, but she does try to think about what her better choices are – and what her grandmothers would say.

Worksite Wellness News

Strive For Wellness Ambassador Update

As we prepare for the start of another year, your Wellness Ambassadors would like to take this opportunity to provide you with some highlights of what's to come for 2013.

Regional Reach

One of the big projects starting in the year ahead aims to help employees in regional or district offices get more connected to wellness activities. The "Regional Reach" project will kick off in January with a pilot of two buildings, the Vandiver Building in Columbia and the Landers Building in Springfield. The pilot sites are being used to establish a process for bringing together multiple state agencies working in the same building under one wellness committee. Hopefully, by this time next year, many of our district staff will have more opportunities to participate in wellness activities.

Enhanced Campaigns

Strive for Wellness has become a pro at providing helpful information through the weekly email message, but we also realize that adults learn through a variety of methods. In 2013, we will be taking advantage of technology to provide messages in multiple formats, such as videos and whiteboard presentations. In addition, Strive for Wellness will offer more action oriented campaigns, such as a 10,000 steps challenge.

Both of these changes are a result of comments submitted on the post campaign evaluation surveys. As always, our internal Wellness Committee will try to support the information provided in the weekly messages with onsite activities. The committee is in the process of planning so look for more information to come.

National Employee Health and Fitness Day

National Employee Health and Fitness Day (May 15th) will again be a collaboration among state agencies. Wellness Ambassadors from other state agencies will assist in planning walks and other events across the state so that we can make this year's event even bigger and better than it was last year.

As a reminder, all of the statewide campaign materials are posted on the *Strive for Wellness* page at <http://www.mchcp.org/stateMembers/striveForWellness/index.asp>. *Strive* in the year ahead to make it your healthiest one yet!

As always, if you have ideas or concerns about the Strive for Wellness program or its campaigns, please do not hesitate to contact us by e-mail or phone. We appreciate the feedback – positive and negative – and want to make this a program that works for you!

Sincerely,
Pat Simmons & Michelle Jacobsen
DHSS Wellness Ambassadors

Upcoming Wellness Events

Walking Wednesdays Tracking Logs

Don't forget to submit your Walking Wednesdays tracking logs to worksitewellness@health.mo.gov to be entered into a **quarterly drawing for a healthy prize!**

Walking Wednesdays

The 1st and 3rd Wednesday of every month are **Walking Wednesdays**. But don't forget that if there is a **5th** Wednesday in a month, that too is a **Walking Wednesday!** **REMINDER: By wearing jeans on a Walking Wednesday, you are committing yourself to walking a total of 30 minutes at break and/or during your lunch hour.**

The **Mammography Van** from Ellis Fischel will be at DHSS on Wednesday, March 20, 2013 from 8:00 a.m. to 4:00 p.m. An e-mail with sign up information will be sent closer to that date.

National Employee Health and Fitness Day (NEHFD) is on Wednesday, May 15, 2013. Watch for more details regarding this event!